

HOME SAFETY ASSESSMENT CHECKLIST

A Room-by-Room Guide for Staying Safe at Home

PURPOSE

A guide to help identify potential safety concerns and make informed decisions about remaining safely in your home.

Instructions: Walk through each area of the home and place a check mark next to each item that has been addressed or is not applicable. Note items that need attention.

■ GENERAL HOME SAFETY

- | | |
|--|---|
| ☐ House numbers are clearly visible from the street | ☐ Smoke detectors are installed and tested regularly |
| ☐ Carbon monoxide detectors are installed and functioning | ☐ Floors are in good condition without trip hazards |
| ☐ Emergency contact list is readily available | ☐ Walkways are free of clutter |
| ☐ Area rugs are secured or removed | ☐ Fire extinguisher is accessible and not expired |
| ☐ Light switches are easy to locate | ☐ Frequently used items are easily accessible |
| ☐ Emergency exit plan has been discussed | |

■ ENTRYWAY & EXTERIOR

- | | |
|--|---|
| ☐ Front door lock functions properly | ☐ Entry area is well-lit |
| ☐ Steps have secure handrails | ☐ Walkways are level and free of cracks |
| ☐ Outdoor lighting operates properly | ☐ Mailbox is easily accessible |
| ☐ House numbers are visible day and night | ☐ Driveway and walkways are slip-resistant |
| ☐ Landscaping does not obstruct pathways | |

■ LIVING ROOM

- | | |
|---|--|
| ☐ Furniture arrangement allows easy | ☐ Electrical cords are secured |
| ☐ Frequently used items are within reach | ☐ Chairs and sofas are easy to sit in and |
| ☐ Adequate lighting is available for reading | ☐ stand from |
| ☐ No loose rugs or carpet edges | ☐ Flooring transitions are smooth |

■ KITCHEN

- | | |
|--|--|
| ☐ Frequently used items are easy to reach | ☐ Step stools are sturdy and available |
| ☐ Adequate task lighting is installed | ☐ Stove controls are easy to operate |
| ☐ Fire extinguisher is nearby | ☐ Non-slip flooring is present |
| ☐ Smoke detector is nearby and functional | ☐ Refrigerator and pantry items are organized for easy access |

■ BATHROOM

- | | |
|---|--|
| ☐ Grab bars installed near toilet | ☐ Grab bars installed in shower/tub |
| ☐ Non-slip mats in shower and tub | ☐ Toilet height is comfortable |
| ☐ Adequate lighting for night time use | ☐ Water temperature is set to a safe level |
| ☐ Towels and toiletries are easy to access | ☐ Bathroom floor remains dry and slip-resistant |

■ BEDROOM

- | | |
|--|--|
| ☐ Clear path from bed to bathroom | ☐ Lamp or light switch reachable from bed |
| ☐ Phone accessible from bed | ☐ Nightlights available |
| ☐ Bed height allows easy entry and exit | ☐ Frequently worn clothing is easy to reach |
| ☐ Emergency contact information nearby | |

STAIRWAYS

- | | |
|--|---|
| ☐ Handrails installed on both sides | ☐ Steps are well-lit |
| ☐ No loose carpeting | ☐ Contrasting stair-edge markings if vision is limited |
| ☐ Objects are not stored on stairs | |

LAUNDRY AREA

- | | |
|---|--|
| ☐ Laundry products stored safely | ☐ Adequate lighting |
| ☐ Clear walking paths | ☐ Appliances easy to access and operate |

GARAGE AND STORAGE AREAS

- | | |
|---|--|
| ☐ Frequently used items stored between | ☐ Adequate lighting |
| ☐ Clear pathways | ☐ Hazardous materials properly stored |
| ☐ Shelving is secure | |

TRANSPORTATION & DAILY LIVING

- | | |
|--|--|
| ☐ Reliable transportation available | ☐ Medical providers easily accessible |
| ☐ Grocery shopping plan in place | ☐ Prescription management system |
| ☐ Nearby support network available | |



HOME SAFETY ASSESSMENT CHECKLIST

A Room-by-Room Guide for Staying Safe at Home

☐ OVERALL ASSESSMENT

How long would you feel confident remaining in your home safely?

☐ 1 Year

☐ 3 Years

☐ 5 Years

Areas that may require attention:

Professionals who may be helpful:

- | | |
|---|---|
| ☐ Occupational Therapist | ☐ Home Modification Specialist |
| ☐ Contractor | ☐ Physical Therapist |
| ☐ Senior Move Manager | ☐ Real Estate Professional |
| ☐ Other: _____ | |

This checklist is intended as a general guide only. A licensed specialist should be consulted for a comprehensive professional assessment.